

31-Day Yoga Routine to Help You De-Stress

Week 1	Week 2	Week 3	Week 4	Week 5
1 Sun Salutation A	8 Sun Salutation B	15 Sun Salutation A + B	22 Sun Salutation A + Balance + Relaxation	29 Sun Salutation A + B + Balance + Relaxation
2 Sun Salutation A + B	9 Sun Salutation A	16 Rest	23 Sun Salutation B	30 Rest
3 Rest	10 Rest	17 Sun Salutation A + B + Relaxation	24 Rest	31 Sun Salutation A + B + Balance + Relaxation
4 Sun Salutation A + Relaxation	11 Sun Salutation B + Relaxation	18 Sun Salutation A	25 Sun Salutation B + Balance + Relaxation	
5 Sun Salutation A + Balance	12 Rest	19 Rest	26 Rest	
6 Rest	13 Sun Salutation A + Balance + Relaxation	20 Sun Salutation B	27 Sun Salutation A + B	
7 Rest	14 Rest	21 Rest	28 Rest	

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